# Seizure Frequency

Seizures can also vary in frequency, from less than one per year to several per day.

# Symptoms

loss of awareness or consciousness, and disturbances of movement, sensation (including vision, hearing and taste), mood, or other cognitive functions.

# Types

* **Absence seizures** may cause the person to appear to be staring into space, with or without slight twitching of the muscles
* **Tonic seizures** cause a stiffening of muscles of the body, generally in the back, legs, and arms
* **Clonic seizures** cause repeated jerking movements of muscles on both sides of the body
* **Myoclonic seizures** cause jerks or twitches of the upper body, arms, or legs
* **Atonic seizures** cause a loss of normal muscle tone, which can cause the person to fall or drop the head involuntarily
* **Tonic-clonic seizures** cause a combination of symptoms, including stiffening of the body and repeated jerks of the arms and/or legs as well as loss of consciousness
* **Secondary generalized seizures**begins in one part of the brain, then spreads to both halves of the brain (basically, a focal seizure followed by a generalized seizure)

# Triggers

## 1.

* Stress
* Sleep deprivation or fatigue
* Insufficient food intake
* Alcohol use or drug abuse
* Failure to take prescribed anticonvulsant medications

## 2.

* Stress
* Drinking alcohol, or alcohol withdrawal
* Dehydration or missing meals
* Exposure to toxins or poisons, including lead, carbon monoxide, illicit drugs, and very large doses of prescription medications
* Hormonal changes associated with the menstrual cycle
* Sleep deprivation
* Visual stimulation such as flashing lights or moving patterns.

## 3.

* Stress.
* Sleep issues such as not sleeping well, not getting enough sleep, being overtired, disrupted sleep and sleep disorders like sleep apnea.
* Alcohol use, alcohol withdrawal, recreational drug use.
* Hormonal changes or menstrual hormonal changes.
* Illness, fever.
* Flashing lights or patterns.
* Not eating healthy, balanced meals or drinking enough fluids; vitamin and mineral deficiencies, skipping meals.
* Physical overexertion.
* Specific foods (caffeine is a common trigger).
* Dehydration.
* Certain times of the day or night.
* Use of certain medications. Diphenhydramine, an ingredient in cold, allergy and sleep over-the-counter products, is a reported trigger.
* Missed anti-seizure medication doses.

## 4.

* Temporary loss of awareness or consciousness.
* Uncontrolled muscle movements, muscle jerking, loss of muscle tone.
* Blank stare or “staring into space” look.
* Temporary confusion, slowed thinking, problems with talking and understanding.
* Changes in hearing, vision, taste, smell, feelings of numbness or tingling.
* Problems talking or understanding.
* Upset stomach, waves of heat or cold, goosebumps.
* Lip-smacking, chewing motion, rubbing hands, finger motions.
* Psychic symptoms, including fear, dread, anxiety or déjà vu.
* Faster heart rate and/or breathing.

# 5,

* Shaking
* Twitches
* Confusion
* Blank stares
* Pain
* Changes in sensation (hearing, vision, taste)
* Feelings of fear, anxiety, dread, or even pleasure
* Changes in heart rate or breathing
* Stiffness throughout the body
* Repeated or automatic movements